

Appendix 2

Behaviour, Habit and Cognitive Variables: Questions, Scales and Psychometric Qualities of the Survey

Item	Scale	α_2	r		
Physical Activity					
For commuting					
■ In the past 4 weeks, how many times (for a period of at least 10 minutes) did you walk to get to your workplace or your school?	One way	---	0.78		
	Return	---	0.78		
■ In the past 4 weeks, how many times (for a period of at least 10 minutes) did you bicycle to get to your workplace or your school?	One way	---	0.98		
	Return	---	0.98		
Theory of Planned Behaviour (during the next two weeks)					
Attitude					
■ For me, to use regularly active commuting would be...	Very unsatisfying/ very satisfying	0.91	0.72		
	Very tiring/ very energizing				
	Very unpleasant/ very pleasant				
	Very disadvantageous/ very advantageous				
	Very useless/ very useful				
Subjective norm					
■ If I were to use active commuting regularly, most of the people who are important to me would...	Strongly disapprove/ strongly approve	0.87	0.83		
■ Most of the people who are important to me would recommend that I use active commuting on a regular basis.	Strongly disagree/ strongly agree				
■ The people who are most important to me think I should use active commuting on a regular basis.					
Perceived behavioural control					
■ I think I am able to use active commuting on a regular basis.	Strongly disagree/ strongly agree	0.90	0.94		
■ It is up to me to use active commuting on a regular basis.					
■ For me, regular use of active commuting would be...	Very difficult/ very easy				
■ If I wanted, I could use active commuting on a regular basis.	Very unlikely/ very likely	0.98	0.84		
Intention					
■ I intend to use active commuting on a regular basis.	Very unlikely/ very likely				
■ I will try to use active commuting on a regular basis.					
■ I will use active commuting on a regular basis.					

¹ = Kappa

α = Cronbach's alpha coefficient (main study)

r = Intraclass correlation coefficient (test-retest)